

**CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, CUTTACK**

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-204

Course Name: Diet and Nutrition

Semester: 2nd

Exam: July 2026

Session: August 2025

Total Marks: 100

A. Answer any eight questions (essay type). Answer in about 350-500 words each.
(10 X 8 = 80)

1. What is nutrition? Explain its importance for maintaining health and wellbeing.
2. Describe the functions of food and explain why a balanced diet is important.
3. Explain the different components of food and their role in the body.
4. Describe macronutrients (carbohydrates, proteins, fats) and their functions with examples.
5. Explain the role of micronutrients (vitamins and minerals) in the body.
6. What is a yogic diet (Ahara)? Explain its importance in Yoga practice.
7. Explain the concept of Mitahara and its relevance in daily life.
8. Differentiate between Sattvic, Rajasic, and Tamasic foods with examples.
9. Explain the concepts of Pathya and Apathya diet and their importance for health.
10. Describe how diet can be planned according to body constitution (Vata, Pitta, Kapha).

B. Write short notes on any four. Answer in about 150-200 words each.
(5 X 4 = 20)

1. Balanced diet
2. Fat-soluble and water-soluble vitamins
3. Importance of hydration
4. Yogic view on food habits
5. Guna and food
6. Role of diet in Yoga Sadhana